

# RAMADAN TIPS FOR EDUCATORS

Ramadan is the most sacred month for muslims because this is when the Quran, our sacred text, was revealed to our Prophet. This year, Ramadan will run from approximately March 22nd to April 20th. The Islamic calendar is based on the lunar calendar, so the dates vary from year to year. Here are some things to know about Ramadan as an Educator:



## 1 RAMADAN IS NOT JUST ABOUT FASTING

Fasting is one of the 5 pillars of Islam and Muslims don't eat anything from dawn to evening every day for one month. However, this month is more than just about fasting. The point is to become better people, not starve ourselves! Muslims increase in charity, social justice work, patience, congregational prayers, and time with the faith. It is also a big time for community dinners and get togethers, which can be hard for students who are away from family.

## 2 HOW IT WORKS

Muslims fast from dawn to sunset. Each accompanied with its own meal. The dawn meal is known as 'Suhoor' and the sunset meal is known as 'Iftar'. They follow this schedule for a month that ends with a day of celebration called the 'Eid'. Students might feel tired, sleepy or exhausted in the first few days of Ramadan if they are fasting, however we soon get into the rhythm of it. Ramadan is also a time for prayer, most of it is done during the night. If some students are going for night prayers, they might appear tired and sleepy in the mornings.



## 3 ACCOMMODATING STUDENTS IN RAMADAN

Due to a change in the schedules of Muslims during Ramadan, slight alterations in mood, sleep patterns, and alertness are common for the start of the month. Scheduling exams before or after Ramadan, reducing the amount of physical exertion, and being accommodating of prayer times are some ways you can help us. We appreciate your understanding!

## 4 NO, NOT EVEN WATER

No water, mints, gum, or anything of the sort. The question we get the most is, "NOT EVEN WATER!?" At this point, it has become an internet meme, but we do recognize that it comes from a place of genuine curiosity and surprise!

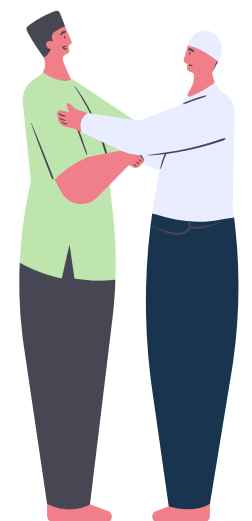


## 5 EXEMPTIONS FROM FASTING

If you see a Muslim eating during the day, it's best not to ask why so that they don't feel awkward or guilty. There are many valid reasons why we can skip a fast - traveling, being ill, breastfeeding, a woman's time of the month, etc.

## 6 RAMADAN & MUSLIM NEWCOMERS

Ramadan is usually a festive month in islamic countries. It is also a time for family bonding and social gatherings. Not being able to experience that and being away from family might be a challenging time for many who are new to this country. Providing a safe space for students who are newcomers to express their feelings and being understanding of these feelings can make a big impact on connecting with your muslim students in Ramadan.



## 7 TERMS TO KNOW

- Ramadan: name of the Islamic month - like Jan, Feb, etc.
- Eid ul-Fitr: Holiday at the end of Ramadan - 21st April
- Eid Mubarak and Ramadan Mubarak: well wishes, 'Happy Eid' and 'Happy Ramadan'
- Suhoor: Morning breakfast to start the fast.
- Iftar: daily meal to break the fast, usually with a date
- Tarawih: optional nightly congregational prayers ~ 1-1.5h

